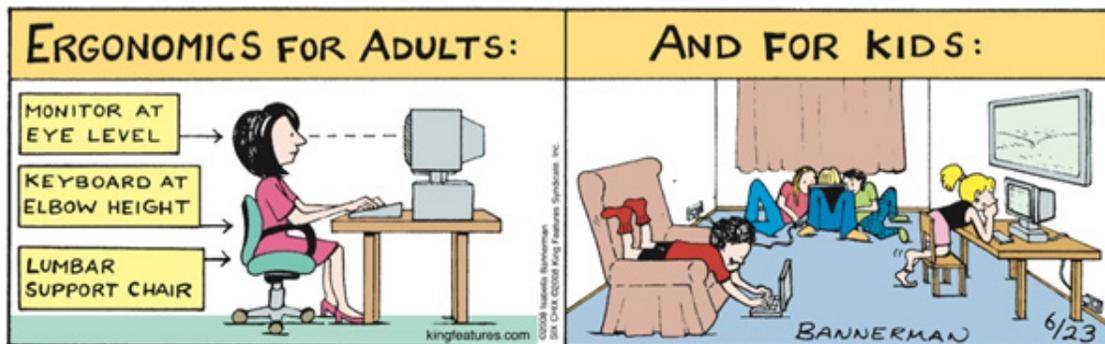


### Sitting too much?

Sitting causes your entire spine to compress, which puts a lot of extra pressure on the vertebral discs, the muscles of your back and the ligaments surrounding your spine and neck. Subjecting your body to this kind of pressure for prolonged periods of time can cause both temporary discomfort as well as chronic fatigue or pain. Luckily, this can be reduced considerably with a few simple adjustments and exercises you can incorporate into your routine.

#1- ERGONOMICS- This is the area devoted to making sure you can work your desk job in the healthiest way possible. Everything you are learning in these newsletters will help your body to feel better! :)

#2- LOOK FOR WAYS TO STAND- Stand or walk around while you are on a conference call, stand while eating a snack, take frequent short walking breaks, etc. All of this can make a big difference!



### Well-being tip: Hydrate!

Did you know that muscles are made up of 70% water? There are also studies that show dehydration can make pain levels worse. It's not clear why, but when the brain is dehydrated your body will feel increased levels of pain in the forms of headaches, muscle pain, arthritic pain, back pain and more. According to the U.S. National Academies of Sciences determined that an adequate daily fluid intake is: About 15.5 cups (3.7 liters) of fluids a day for men and about 11.5 cups (2.7) of fluids a day for women.

**Common Problem:**

**Solutions:**

Not using back support of chair causing low back fatigue

Make sure chair is fit to you properly and use full support of back. If chair does not offer lumbar support, try a rolled towel placed on lower back.

Tight hamstrings and glutes from causing low back aches

Stretch the hamstrings and glutes along with the low back to provide relief to these areas.

Low back fatigue or aches from excessive sitting and compression of the spine

Take frequent movement breaks and try these back stretches in the videos or pictures below. Also try changing positions every 60-90 minutes.

**Try these videos to stretch the lower back muscles!**

1. [10 Stretches for Low Back or Mid Back Pain with Bob and Brad: https://www.youtube.com/watch?v=dfMiuFsM1o8](https://www.youtube.com/watch?v=dfMiuFsM1o8)
2. <https://www.youtube.com/watch?v=5M-b1c2spPE>
3. <https://www.youtube.com/watch?v=TjUy2hPPktg>

